

APL Australian Records (Untested)
 CLASSIC RAW 3-LIFT COMPETITION
 - OPEN WOMEN -



| OPEN | | | | | | | |
|----------------|----------|-----------------|------------------|-----------|-----------------|------------------|-----------|
| Current Record | | | | | Former Record | | |
| BWT | Lift | WT Lifted (kgs) | Athlete | Date | WT Lifted (kgs) | Athlete | Date |
| 44 kg | Squat | 77.5 | | | | | |
| | Bench | 50.0 | | | | | |
| | Deadlift | 87.5 | | | | | |
| | Total | 215.0 | | | | | |
| 48 kg | Squat | 85.0 | | | | | |
| | Bench | 55.0 | | | | | |
| | Deadlift | 95.0 | | | | | |
| | Total | 232.5 | | | | | |
| 52 kg | Squat | 90.0 | | | | | |
| | Bench | 57.5 | | | | | |
| | Deadlift | 102.5 | | | | | |
| | Total | 250.0 | | | | | |
| 56 kg | Squat | 95.0 | | | | | |
| | Bench | 62.5 | | | | | |
| | Deadlift | 107.5 | | | | | |
| | Total | 265.0 | | | | | |
| 60 kg | Squat | 102.5 | | | | | |
| | Bench | 65.0 | | | | | |
| | Deadlift | 112.5 | | | | | |
| | Total | 280.0 | | | | | |
| 67.5 kg | Squat | 160.0 | Kayleigh de Jong | 07-May-16 | 112.5 | Not set | |
| | Bench | 85.0 | Kayleigh de Jong | 07-May-16 | 72.5 | Not set | |
| | Deadlift | 160.0 | Kayleigh de Jong | 07-May-16 | 125.0 | Not set | |
| | Total | 405.0 | Kayleigh de Jong | 07-May-16 | 310.0 | Not set | |
| 75 kg | Squat | 145.0 | Justine Baxter | 07-May-16 | 140.0 | Kayleigh de Jong | 1-Sep-15 |
| | Bench | 77.5 | | | | | |
| | Deadlift | 140.0 | Kayleigh de Jong | 01-Sep-15 | 132.5 | Not Set | |
| | Total | 352.5 | Kayleigh de Jong | 01-Sep-15 | 335.0 | Not Set | |
| 82.5 kg | Squat | 132.5 | | | | | |
| | Bench | 82.5 | | | | | |
| | Deadlift | 155.0 | Jess Dumay | 02-Jun-19 | 142.5 | Not Set | |
| | Total | 360.0 | | | | | |
| 90 kg | Squat | 152.5 | Katherine Birrer | 01-Sep-15 | 145.0 | Not Set | |
| | Bench | 87.5 | | | | | |
| | Deadlift | 170.0 | Katherine Birrer | 01-Sep-15 | 160.0 | Katherine Birrer | 03-May-15 |
| | Total | 407.5 | Katherine Birrer | 01-Sep-15 | 382.5 | Katherine Birrer | 03-May-15 |
| 90+ kg | Squat | 155.0 | | | | | |
| | Bench | 92.5 | | | | | |
| | Deadlift | 157.5 | | | | | |
| | Total | 402.5 | | | | | |